

2nd of July *Planner*

Ordinary & *Happy*

DAILY INSPIRATION

Summer doesn't always have to be 'go-go-go'. Take a moment and enjoy the sunshine.

- **Wake-Up Song:** "Three Little Birds" Bob Marley & The Wailers
- **Positive Thought:** I'm becoming better at...

FOOD IDEAS

- **Breakfast:** Peach Raspberry Yogurt Parfait
- **Lunch:** Pepper & Egg Sandwich
- **Dinner:** Creamy Pasta with Pancetta and Marinated Artichokes

DECLUTTERING

- **Decluttering:** Do 30 minutes of tidying the backyard/balcony and/or grill area.
- **Digital Decluttering:** Archive or delete as many emails you don't need for 30 minutes.

THINGS YOU COULD DO

- **Simple Fun:** Go for a walk by a lake, pier, or waterfront.
- **Self-Care:** Listen to your favorite music for thirty minutes.
- **Romantic Idea:** Try a new recipe together
- **Sweet Gesture:** Get a loved one a plant or seeds for the garden.
- **Doodling Idea:** Clothes drying on a clothesline.
- **Watercoloring Idea:** Tennis racquet.

DEEP CHAT

Something today's society needs to create meaningful connection.

ALL-DAY JOURNALING

- **Morning:** If your mood was a color, what color it would be and why.
- **Evening:** A skill or habit you want to work on this month.
- **Gratitude:** The best moment of last month.
- **Self-Care:** How you feel when you look at the sky.
- **One-Word:** Memory.